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Great care must be taken not to allow the meat to come quickly to the boil, as it toughens the fibre, and renders it impossible to properly extract the juices.

The same principles should be followed in the preparation of chicken broth.

BEEF TEA

Two pounds of meat from the round, cut in inch pieces, or put through the meat chopper. Place in a glass fruit jar which has been previously boiled in water. Cover the meat with cold water, add one-half a teaspoon of salt, and let stand thirty minutes. Place a tight cover on the jar; immerse the jar in a deep kettle of cold water, placing a saucer under the jar to prevent it from resting on the bottom of the kettle. Place the kettle on the stove and heat slowly to about 130° F. or until the water feels quite hot to the fingers, but on no account allow to come anywhere near the boiling point. Cover the kettle closely, turn off the gas, or set on the back of the range for two hours, strain, cool, and skim. The product should be a bright, clear, red liquor with few, if any, coagulated particles in it. It is best served very cold, salted to taste. If the patient prefers it hot, pour some in a cup and warm in a pan of hot water. If heated too hot, the liquor will be thick with coagulated particles of albumin, which renders it more difficult of digestion. Lemon or orange juice may be added to it if served cold.

BEEF JUICE

Two pounds of round steak, cut off all fat, cut in inch pieces, place on the stove in a granite pan, with two tablespoons of warm water, stir constantly until the meat becomes white on the outside, and juices begin to flow. Place immediately in a meat press previously warmed by pouring hot water over it. Turn the screw tightly and about one glass of bright red juice will immediately flow through.

This is of great value in cases of debility following fevers. It is given during typhoid fevers, and in cases of anæmia. It is best given ice cold, or with orange or lemon juice.

M. V. MOON.

Iowa.

SOME CONDITIONS HIGHLY BENEFITED BY SALINE ENEMATA

DEAR EDITOR: It is little known to nurses, for how many different conditions an enema of normal saline solution is useful. Most doctors allow a saline enema to be given at the discretion of the nurse. The normal enema of saline solution for any of these below-mentioned purposes should be given high—the rectal tube inserted nearly the entire length of the soft rubber catheter. No. 14 American soft rubber catheter is a good size for a rectal tube. Some physicians contend that a soft rubber catheter cannot be inserted higher than eight inches into the lower bowel, as there is at that distance a turn at the sigmoid flexure; but it can be inserted the entire length by inserting it very carefully and slowly. We know that it can be, because when it is inserted the water flows, and it would not flow were the tube kinked. If the snap is opened, allowing the water to flow as soon as the tube enters the rectum, it aids a comfortable insertion.

By close observation, I find that an enema of a pint, given not oftener than every half hour, gives a better result than an enema of a quart or more.

More than a pint of solution disturbs the intestine, so that the water is not as readily absorbed; this dilatation overtaxes the entire alimentary canal, causing a reflex action and depressing the heart. There is just one condition of which I know where a quart of solution is required, and that is when a nurse first reaches a patient, and he has not been drinking water and will absorb a quart of any kind of an enema, and a pint every one-half hour can be given after.

We all know that the normal saline solution given high, per enema, is a heart stimulant.

A high saline enema given hot and repeated not oftener than one-half hour is one of the best diuretics. An extra teaspoon of salt for this purpose causes thirst and the patient desires more water. If extra salt is added for this purpose it must be carefully done, as it is such a good stimulant to the intestines that they can be overstimulated.

A high saline enema given twice a day is splendid for helping to eliminate the secretions and to establish a normal condition of the bowels.

A high enema of normal saline solution, one pint, not oftener than every one-half hour, will prevent the bowels from filling with gas while there is some gas formation, and keep them in a more comfortable condition.

In colitis or any diseased condition of the lower bowel, there is no better disinfectant or any solution more healing and soothing, than a normal saline solution given high, a pint twice a day.

In the case of a woman who had no disease and imagined that all nourishment disagreed with her, who had taken almost no nourishment, and had been in bed two months, the doctor ordered to be given her two quarts liquid nourishment, two quarts water, and a high saline enema,—one pint, 8 A.M., 12 M., and 6 P.M. As the food, to which she was unaccustomed, generated gas, the enema relieved her of the gas and gently stimulated the intestine. She slept all night, and in six days was sitting in a chair.

For an extreme tympanitic condition, a flatus enema of 1 pint water, 1 tablespoon salt, 1½ tablespoons soda, 1 teaspoon spirits turpentine is effectual.

A purgative enema for use in extreme cases is 1 pint water, 1 tablespoon salt, 1½ tablespoons soda bicarb., 1 tablespoon glycerin, 1 teaspoon spirits turpentine.

As nurses we need to do thorough thinking, that we may use the most natural and simple curative means for our patients, these always giving the most thorough and complete recovery.

EDITH C. HUNTINGTON.

Tennessee.

HOME STERILIZATION

I.

DEAR EDITOR: In answer to A. M. L.'s letter in the June JOURNAL, I would tell her how I do my sterilizing for obstetrical cases. I use a clean wash boiler, put about five inches depth of water in it, let it boil; then to sterilize the packages, lay a clean towel on a table, pile the bundles on it, across the narrow width, lay the lid of the boiler on, and pull the ends tight and pin over the lid. It makes a good sling, and unless there are a great many bundles, it will not come near the water. I let them steam for half an hour. Basins and instruments can be put right in the water, after wrapping in cloths. If there is any easier way to sterilize, I hope some one will tell us.